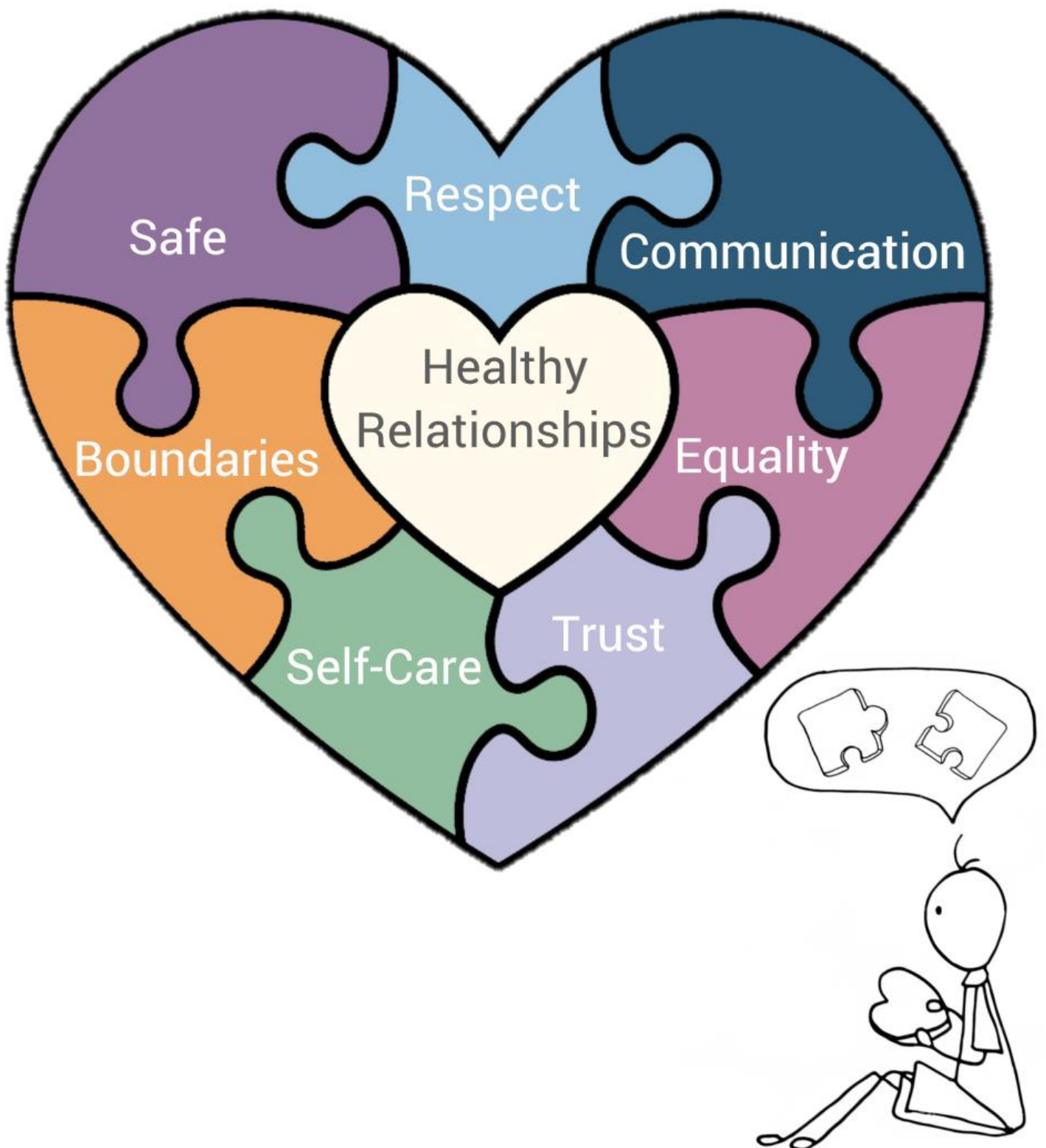


# Healthy Relationships

Relationships exist on a spectrum. Sometimes it can be hard to know exactly where your relationship fits. Healthy and happy relationships have all of the components in the heart. This guide gives an idea of some of the things that are healthy, unhealthy or abusive. The heart is a reminder to think of where your relationships fit within these categories.



## Healthy

**Communication:** You talk openly about problems, listen to each other and respect each other's opinions.

**Respectful:** You value each other as you are. You respect each other's emotional, digital and sexual boundaries.

**Boundaries:** You both feel able to set boundaries, emotional, physical, financial and digital.

**Trusting:** You believe what your partner has to say. You do not feel the need to 'prove' each other's trustworthiness.

**Honest:** You are honest with each other, but can still keep some things private.

**Equal:** You make decisions together and hold each other to the same standards.

**Self-Care:** You can both enjoy spending time apart, alone or with others. You respect each other's need for time apart.

**Safe:** You and your partner feel safe when you are with each other, when you communicate online and when you are apart.

## Unhealthy

**Not communicating:** When problems arise, you fight or don't discuss them at all.

**Disrespectful:** One or both partners is not considerate of the other's feelings and/or personal boundaries.

**Boundaries:** You are not able to set boundaries without consequence.

**Not trusting:** One partner doesn't believe what the other says, or feels entitled to invade their privacy.

**Dishonest:** One or both partners tells lies.

**Trying to take control:** One partner feels their desires and choices are more important.

**Only spending time with your partner:** Your partner's community is the only one you socialise in.

**Unsafe:** You worry about seeing your partner or doing something they don't agree with.

## Abusive

**Communicates** in a way that is hurtful, threatening, insulting or demeaning.

**Disrespects:** the feelings, thoughts, decisions, opinions or physical safety of the other.

**Physically hurts** or injures the other partner by hitting, slapping, choking, pushing or shoving.

**Blames** the other partner for their harmful actions, makes excuses for abusive actions and/or minimizes the abusive behaviour.

**Controls and isolates** the other partner by telling them what to wear, how they can hang out with, where they can go and/or what they can do.

**Pressures or forces** the other partner to do things they don't want to do; threatens, hurts or blackmails their partner if they resist or say no.

